

SAYING GOODBYE TO THE SHOULD

When we take action from a place of obligation ("should," or "have to,") we may end up experiencing feelings of stress, bitterness and resentment.

This can disconnect us from our power, drain our energy, and harm the quality of our relationships (both with ourselves and with others).

When we take time to assess the needs at play in our agreements, we reconnect with with a sense of choice in our life, care for our own and others' wellbeing, are in alignment with our authenticity, and experience the joy of giving.

Exercise

1. Think about something in your life that you experience as an obligation, something you would rather not do, but think you *should* or *have to* do it. Write the obligation(s) below.
i.e. I have to cook dinner for my family. I should mow the lawn every week. I have to pay for my friend when I ask them out to dinner. I should call my mom every night.

2. Pick one of the obligations you have listed above. Once you've identified **one** obligation, write it below.
i.e. I should call my mom every night.
 - a. Close your eyes and imagine **taking** this action. What feelings arise in you?

 - b. What needs are you attending to by taking this action?

 - c. Now, close your eyes and imagine **not taking** the action listed in #2. What feelings arise in you?

 - d. Which needs would you be attending to by not taking this action?

3. Take a moment to review the feelings and needs that are present when **you take** the action listed above. Now take a moment to review the feelings and needs that are present when **you do not take** the action listed above. Can you think of any requests for yourself or others that emerge?